

**Abstract**

A nutrition bar comprising; about 10%wt or more of soy and/or rice protein, at least one transition metal or transition metal compound, and about 2%wt or more of a humectant, and wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at 20°C or the nutrition bar has an Aw of 0.45 or less or about 1%wt or more of the soy and/or rice protein is in the form of nuggets and the humectant is selected from polyols. The bars have elevated levels of soy and/or rice protein, yet do not suffer unacceptable from a deterioration in taste or other organoleptic properties over time.